

Trust me to eat the right amount.

- You decide what healthy foods to offer me at each meal and snack. I decide which of these foods to eat, and how much to eat.
- I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
- Offer me small servings of foods. Let me ask for more.
- I know if I'm hungry or not. Let me stop eating when I'm full. Don't force me to eat or make me "clean my plate".
- Don't worry if I don't eat a meal or a snack. I'll eat more on some days than others. Don't beg me to eat or fix other foods for me.



Healthy Snack Recipe:

Tropical Yogurt Smoothie

- Place in blender: plain yogurt, any chopped tropical fruits (banana, mango, papaya, pineapple), ice.
- Blend until smooth and serve!



Snacks are important!

Healthy snacks help me grow. Plan my snacks, and don't let me fill up on snacks all day long.

Give me safe foods.

- Give me foods that are bite-sized and soft enough for me to chew easily.
- Be careful and stay close by if you give me foods I might choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
- It's best to cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



Ask WIC if you have any questions about what I'm eating.

I can help!

- Let me help you in the kitchen. I can:
 - Rinse fruits and vegetables.
 - Mash soft fruits and vegetables.
 - Help measure dry ingredients.
 - Crack eggs.
 - Mix batter.
 - Spread butter or peanut butter on bread.
 - Make a sandwich.
 - Cut soft foods with a plastic knife.
 - Peel oranges, bananas, and boiled eggs.
 - Set the table.
 - Clear the table and wipe it off after a meal.
 - Put things into the trash.
- When I help you, I feel good. I'll probably eat better too!



Let's play!

I love to play every day. Playing with me helps me grow smarter, stronger, healthier, and happier! These are things I like to do with you:

- Dance to music
- Play follow-the-leader
- Play leap frog
- Play hopscotch
- Play hide-and-seek
- Take a walk together
- Play catch
- Make believe that we're cooking, exploring the jungle, being animals, etc.



I love to play every day.

Look what I can do!

- I like to do things for myself.
- I can run, hop, and throw a ball. Let's play catch!
- I like to pretend, like playing store.
- I like stories. Can we read together?
- I can pick out a vegetable at the store.
- I can serve myself at the table. If you hold the bowl, I can take a spoonful of food.
- I can take turns.
- I can learn to say "Please" and "Thank you".
- I need to hear you tell me:
 - "You are doing a good job!"
 - "I'm proud of you!"
 - "You are special!"

Keep me safe and healthy.

- Always put me in my car seat when we drive.
- Take me to my doctor and dentist.
- Always watch me around water.
- Keep me away from cigarette, tobacco, and all other smoke.
- Help me brush and floss my teeth every day.
- Put sunscreen on me when I play outside.
- Hold my hand when we cross the street.
- No more than 1 or 2 hours a day of screen time: TV, tablet, phone, or computer!



Explore with me fun ways to eat healthy and be active!



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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV, phone, tablet, or computer.
- I'm learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where foods come from. I can count foods.
- I can serve myself from a small bowl. I'll learn how much to take.
- Teach me to enjoy many foods. Let's try a new food every week. I'll learn to like most foods.
- I like to eat with our family. I can eat most of our family foods. I like to talk, and I love attention! I like to tell stories.
- I need to always sit when I eat or drink.
- Give me a small spoon or fork. I may still be a little messy when I eat. I'm getting better at it!
- I can use a napkin to wipe my mouth and hands.
- Make sure we wash our hands before and after we eat.



Good food for four year olds — offer me every day:

Grains



4 or 5 of these choices:

- 1 slice bread or tortilla
- 1 cup dry cereal
- ½ cup cooked noodles, rice, or oatmeal
- 6 small crackers

Half the grains I eat should be whole grains!

Protein



3 or 4 of these choices:

- 2 tablespoons chopped meat, chicken, turkey, or fish
- 1 egg
- 4 tablespoons cooked, mashed beans
- 1 tablespoon peanut butter
- 4 tablespoons tofu

Meat and beans give me the most iron to keep my blood strong!

Vegetables



3 of these choices:

- ½ cup cooked chopped vegetables
- 1 cup raw vegetables
- 4 ounces vegetable juice

Offer me a dark green or orange vegetable every day!

Dairy



4 or 5 of these choices:

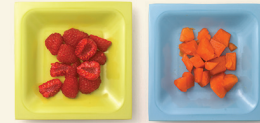
- 4 ounces milk
- 4 ounces yogurt
- 1 slice cheese

I can drink low-fat or fat-free milk. Foods in the Dairy Group give me calcium for stronger bones and teeth.

Fats, oils, and sweets

Only a little bit

Fruits



2 or 3 of these choices:

- ½ cup fresh, canned or frozen fruit
- 4 to 6 ounces 100% fruit juice (no more!)

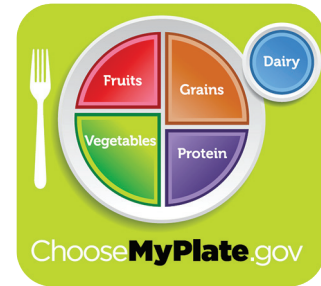
Offer me a vitamin C food every day (oranges, strawberries, melons, mangos, papayas, WIC juices).

Start with small amounts and let me ask for more.

Meal and snack plans for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here are meal and snack plans to give you ideas. Pick a variety of foods to help me grow and be strong.



Meal and Snack Plan A (1400 calories per day)

Breakfast	1 ounce Grains
	½ cup Fruit
	½ cup Dairy*
Snack	1 ounce Grains
	½ cup Fruit
	1 ounce Protein Foods
Lunch	1 ounce Grains
	½ cup Vegetables
	½ cup Fruit
	½ cup Dairy*
	1 ounce Protein Foods
Snack	½ cup Vegetables
	½ cup Dairy*
Dinner	2 ounces Grains
	½ cup Vegetables
	1 cup Dairy*
	2 ounces Protein Foods

Meal and Snack Plan B (1400 calories per day)

Breakfast	1 ounce Grains
	½ cup Dairy*
	1 ounce Protein Foods
Snack	½ cup Fruit
	½ cup Dairy*
	1 ounce Protein Foods
Lunch	2 ounces Grains
	½ cup Vegetables
	½ cup Fruit
	½ cup Dairy*
	1 ounce Protein Foods
Snack	½ cup Vegetables
	½ cup Fruit
Dinner	2 ounces Grains
	½ cup Vegetables
	1 cup Dairy*
	2 ounces Protein Foods

*Offer me fat-free or low-fat milk, yogurt, and cheese.

1 ounce Grain =

- 1 slice bread **or**
1 ounce ready-to-eat cereal **or**
½ cup cooked rice, pasta, or cereal

P R I N T I N G S P E C I F I C A T I O N S

Title: I'm 4 – Let's Explore!

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